

# Feta-Baked Hummus

Submitted by Lisa White

## Ingredients

- 2 (15.5-ounce) cans no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 2 garlic cloves, crushed
- 1/2 cup water
- 1/4 cup tahini (sesame seed paste)
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

## Preparation:

1. Place beans and garlic in a food processor; pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
2. Combine Traditional Hummus, 1/2 cup (2 ounces) crumbled reduced-fat feta cheese, 1/4 cup chopped fresh parsley, and 1/2 teaspoon ground cumin. Transfer mixture to an 8-inch square baking dish coated with cooking spray. Sprinkle with 1/2 cup (2 ounces) crumbled reduced-fat feta cheese. Bake at 400° for 25 minutes or until lightly browned. Garnish with parsley sprigs.

Amount Per Serving	
Serving = 2 TBS	
Calories	44
Total Fat	2.5 g
Saturated Fat	0.6 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	1 g
Cholesterol	1 mg
Sodium	109 mg
Total Carbohydrate	3.8 g
Protein	2 g